What is claimed is:

- 1. (Canceled) A snow board with a divided gliding surface consisting of a unitary basic body, characterized by the fact that the basic body (10) consists of two lateral gliding members (2; 3) extending in the longitudinal direction of the snow board (1) as well as a longitudinal web (4) provided between the gliding members (2;3) which together are connected to the forward section (5) and the rear section (6) of the snow board (1).
- 10 2. (Canceled) The snow board of claim 1, characterized by the fact that the elongate web (4) is structured as a support surface for the snow boarder and is arranged, relative to the gliding members (2;3) at a vertical distance of up to 5 cm, preferably 3 to 5 cm, in the basic body (10).
- 3. (Canceled) The snow board of claims 1 and 2, characterized by the fact that the longitudinal web (4) in the area of its support surfaces is provided with fastening elements structured as insert (7) for ski bindings.
- 4. (Canceled) The snow board of one of claims 1 to 3, characterized by
 the fact that the fastening elements for ski bindings are structured as guide
 rails in which the ski bindings may be arranged for longitudinal movement.
 - 5. (Canceled) The snow board of one of claims 1 to 4, characterized by the fact that in their longitudinal direction the gliding members (2;3) are shaped like a snow board (1) and are provided with a waistline (9) and that spacer elements (8) are fixedly or movably and replaceably arranged on the surfaces of the gliding members (2;3).
- 6. (Canceled) The snow board of claims 1 and 5, characterized by the fact that the releasable connection of the spacer elements (8) with the gliding members (2;3) is accomplished by inserts (7).

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- 7. (Canceled) The snow board of one of claims 1 to 6, characterized by the fact that at the positions of transition of the elongate web (4) with the forward and rear section (5;6) of the basic body (10) are curved and that lateral slots (11) are provided between the gliding members (2;3) and elongate web (4).
- 8. (New) A snow board with a divided gliding surface, characterized by a basic body (10) consisting of two gliding members (2;3) and an elongate web (4) provided between the gliding members (2;3), lateral slots (11) being provided between the gliding members (2;3) and the elongate web (4), the transition sites of the elongate web (4) with the forward and rear section (5;6) of the basic body (10) being curved.
- 9. (New) The snow board of claim 8, characterized by the elongate web
 (4) being structured as a support surface for a snow boarder and the slots
 (11) between the gliding members (2;3) and the elongate web (4) having height of up to 5 cm, preferably 3 to 5 cm.
- 10. (New) The snow board of claims 1, characterized by the glide
 20 members (2;3) being in their longitudinal directions provided with a waistline
 (9) and spacers (8) being fixedly or movable and replaceably arranged on the surfaces of the gliding members (2;3).
- 11. (New) The snow board of claims, characterized by the fact that
 25 the releasable connection of the spacer elements (8) with the gliding
 members (2;3) is provided by insert (7).
 - 12. (New) A snow board, comprising:

an elongated unitary body of predetermined length forming first and
second gliding members extending along opposite lateral margins thereof;
an elongate web extending between the first and second gliding
members and being joined to forward and rear section of the body in a curved

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transition and separated from the first and second gliding members by lateral slots.

- 13. (New) The snow board of claim 12, wherein the elongate web protrudes from the surface of the body by from 3 to 5 cm.
 - 14. (New) The snow board of claim 12, wherein the first and second gliding members have elongated lateral margins of concavely curved configuration.

15. (New) The snow board of claim 13, wherein the elongate web is provided with means for connecting bindings.

- 16. (New) The snow board of claim 15, wherein the means for connecting bindings comprises inserts.
 - 17. (New) The snow board of claim 15, wherein the means for connecting bindings comprises a rail extending longitudinally of the elongate web and includes means for adjusting the position of the bindings.
 - 18. (New) The snow board of claim 15, further comprising spacers of a height substantially equal to the protrusion of the elongate web and attached to one of the gliding members and the bindings.

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